



# Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

Co-op closed on Thursday 11/28 for Thanksgiving!

## Thanksgiving Dinner à la Co-op

Not a cook or baker, but you invited the entire family for Thanksgiving? No problem! The bakers and deli staff of the Ypsi Food Co-op are here for you, with our YFC-made sides, breads, rolls, appetizers, and desserts, all listed in

our **Thanksgiving Menu**. Beginning November 15, you can try out many of the available options at the Co-op from 4-7pm daily. Look for the posted November Calendar to see what dishes we're sampling each day.



The **Thanksgiving Menu** includes appetizers such as Vegan Walnut Paté, Wild Mushroom Dip, and Holiday Cheese Balls.

Sides include Maple-Glazed Yams with Cranberries, our River Street Bakery stuffing mix, Roasted Root Veggies, and Wild Rice with Craisins. Save room after your festive dinner for some of the bakery's luscious pies and Pumpkin Cheesecake!

Pick up the **Thanksgiving Menu** at the checkout counter. It will also be posted on our website. You may also order by phone by calling the Co-op at 734-483-1520.

We need your order from the **Thanksgiving Menu** by Monday 11/25.

## Order Your Fresh Turkey Now!!!

It's time to order your fresh Thanksgiving turkey from Garno Farm. Your order must be placed by noon on Mon, 11/25 for pickup Tues or Wed by 9pm (closing).

These turkeys are hand-raised by Ken & Bev Garno on feed mixed on the farm. They are fed a combination of whole grains, fresh and dried veggies and greens, and

herbal supplements such as kelp. The turkeys are delivered fresh to the Co-op and never have been frozen.

Turkeys delivered fresh can vary by weight, from approximately 17 to 25 lbs. If a smaller amount of meat is required, consider ordering a half-turkey.

Garno's fresh young turkeys cost \$3.50 per pound. Garno



Farm will try to supply a bird as close as possible to the size requested, but remember, turkeys will be growing up to the day of harvest, weights may vary. Stop by the Co-op and put in your order today, or call 734-483-1520.

# Local Honey Project in 2013

It was an active year for the Local Honey Project at the Ypsi Food Co-op. We had a total of 30 occasional helpers, including 9 regular volunteer bee-keepers. Three hive-site leaders deserve special thanks: Jamie Berlin (at Honeybee Alley), Claudia Finn (at St. Joe's) and Germaine Smith (at Growing Hope)—these three provided over 175 hours of their time this summer, caring for our honey bees, performing hive maintenance, and teaching “newbees.” Overall, nearly 400 volunteer hours were given by YFC’s dedicated bee-lovers!

Some highlights: the Local Honey Project attended the annual SE Michigan Beekeepers Association conference; hosted young visitors from Summers Knoll School in May; presented at the Ypsi District

Library in July; took part in the first annual Honeybee Festival in September; and participated in a UM Science Café in October.

And some “low-lights:” the first week of June, our hives in the Honeybee Alley were vandalized (see Mix article July 2013). The kids responsible were caught the same week.

We also took our first honey harvest to sell in the store: 7 volunteers helped crush, strain, and extract over 60 pounds of honey!

If you’d like to learn more, contact Lisa <[lisa@ypsifoodcoop.org](mailto:lisa@ypsifoodcoop.org)> about volunteering in 2014 with the Local Honey Project. It’s a great way to serve your Co-op!



## Solar Ypsi on WEMU

Dave Strenski from SolarYpsi was featured on WEMU’s regular program, “Issues of the Environment” on 10/30/13. Listen to the broadcast online by clicking below: <http://wemu.org/post/issues-environment-solar-energy-ypsilanti>.

Dave talked about the economics of solar power for the home and busi-

ness owner and about the city council’s support for 1,000 solar roofs in Ypsilanti by 2020.

Also new: QR codes (as left) have appeared on our building. If you have a smart phone or QR reader on your tablet, this code will take you to more information about YFC’s solar installations.

## Local Vendor Focus: Poppy Candles

—By Kate Keim



Maria Dault first tried selling candles to gift shops but they moved slowly, so she tried taking them to People’s Food Co-op in Kalamazoo.

Soon the orders poured in, so she branched out to other like-minded stores in her area: the Natural Health Food Center, Sawall’s, and then beyond to the Marquette Food Co-op, People’s Food Co-op in Ann Arbor, and (of course) the Ypsi Food Co-op. Her candles have been a huge success for her family! Poppy Candles make a lovely holiday gift.

Maria has also opened a small shop with a friend where she sells

her other passion, tie-die. About 20-25 artists (other local women) sell their various wares on consignment: pottery, home made Native American flutes, paintings, beads, etc. The shop is called **The Seeded Earth** and is located at the only stop light along the Red Arrow Highway in Lawrence. It is about a mile North of I-94, exit 52. If you find yourself headed out to Lake Michigan, near South Haven, consider stopping by to check out the store.

# A Peek at Produce — the Luscious Leek

PAGE 3

Elegant and refined, the leek is perhaps the most sophisticated member of the onion family. With a mild onion flavor, soft, tender texture, and a lovely pale green color, leeks are a wonderful substitute for onions in recipes where you want something just a little more special.

Try a fresh, simple leek and carrot sauté — YFC will be carrying local leeks from Goetz Farm in early November (as long as they are available). Local potatoes are usually available at the Co-op if you'd like



to cook up some savory and traditional potato leek soup.

Here's another idea for a Thanksgiving treat. Roast a tray of button mushrooms and sliced leeks with thyme until fragrant and use this mixture as the base for a traditional bread stuffing that will play a memorable role on your holiday table.

A special main dish that's easy and delicious is leek pie: sautéed leeks in pie crust covered with a simple custard. Enjoy the versatile and luscious leek!

**Friday Nov 8, Potluck 6pm, Film 7:00pm**

**Film: "Soul Food Junkies" at downtown Ypsi Library, 229 W Michigan, Ypsilanti**

Immediately follows the 6pm Growing Hope Community Potluck—please bring a dish to pass! Part of the Sustainability Film Series co-sponsored by the Co-op, YDL, Growing Hope and Transition Ypsi, "Soul Food Junkies" focuses on the relationship of soul food culture to public health. It takes a look at the history of soul food, as well as contemporary and historic examples of examination of soul food.

**Monday Nov 11, 6pm**

**Board Nominations Committee meeting**

Enter at 308 N River St. -- in office upstairs.

**Daily beginning Nov 15, 4pm—7pm**

**Co-op Sampling of Thanksgiving Menu specials**

Ask at the checkout counter to see our Thanksgiving Menu — all made by our Bakers & Deli Department. Try our holiday favorites, including: great appetizers, side dishes, breads, pies and desserts! Order due by 11/25.

**Thursday Nov 21, 6:30pm**

**Board of Directors Meeting**

Board meetings are open to the general membership to observe and participate in except when an executive session is called. Enter at 308 N River St. -- in office upstairs.

**Monday Nov 25, 12 noon**

**Fresh Turkey orders & Thanksgiving Menu orders DUE!**

**Wednesday Nov 27, 9pm**

**Pickup ends for Turkey & Thanksgiving Menu special orders**

**Thursday Nov 28**

**Ypsi Food Co-op Closed for Thanksgiving!**

**Saturday Nov 29, 6pm**

**Tree Lighting in Depot Town**

Help us welcome the holiday season to Depot Town!

November Events



## Winter Farmers Market

Don't be blue, just because the outdoor Ypsi Farmers Markets are over for the season! Mark your calendars for the indoor Winter Farmers Markets, taking place in November and December at Adams STEM Academy, 503 Oak Street, in the Prospect Park neighborhood on the eastside of Ypsilanti.

Conveniently scheduled for the winter holidays, they will be held on Saturdays from 10am-2pm beginning Nov 2 through Dec 21.

Many of your favorite vendors from the summer Farmers Markets will be in attendance, offering winter vegetables, hoop house produce, breads, pies, sweets, and holiday crafts in abundance!

## Gluten-Free High-Protein Flour Blend

This nutritious blend works well for holiday pie crusts. It can be made ahead and stored for use in any kind of baked goods that require elasticity, such as pie crusts and wraps.

1 1/4 cups bean flour, chickpea flour or soy flour (your choice)  
1 cup arrowroot starch, cornstarch or potato starch  
1 cup tapioca starch/flour  
1 cup white or brown rice flour

Or try one of the commercially-made mixes available at YFC

# Honey Sweetened Cranberry Sauce

—from [strongertogether.coop](http://strongertogether.coop)

Cranberry relish is a holiday staple for many. Tangy and sweet, this is the perfect “make ahead dish,” as its flavor improves when allowed to sit overnight (in the refrigerator).

### Ingredients

1 lb whole cranberries, fresh or frozen  
1 lb Granny Smith apples, chopped  
15 oz canned mandarin oranges, drained and finely chopped  
10 oz can crushed pineapple, drained  
1/2 cup honey  
1/4 teaspoon cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon allspice

### Preparation

Pulse cranberries in a food processor until coarsely chopped.

Transfer into a bowl and add pineapple, apple, and orange pieces.

Add honey and spices and mix well.

Taste and adjust as needed.

Refrigerate overnight to allow flavors to develop. Bring to room temperature and mix well before serving.

### Tips & Notes

Ingredient Note: Add in 1/2 cup raisins for extra sweetness.

### Local Wreaths & Trees



For the holiday season, Ypsi Food Co-op will be selling local wreaths & trees. Plan ahead! We will have blue spruce, frazier firs, and other pines in a variety of sizes.

We also will be carrying locally handmade fresh wreaths—how will you decorate yours?

## Ypsilanti Food Co-op

### General Manager

Corinne Sikorski

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### Special Thanks to:

All our coordinators, Board, volunteers, and members

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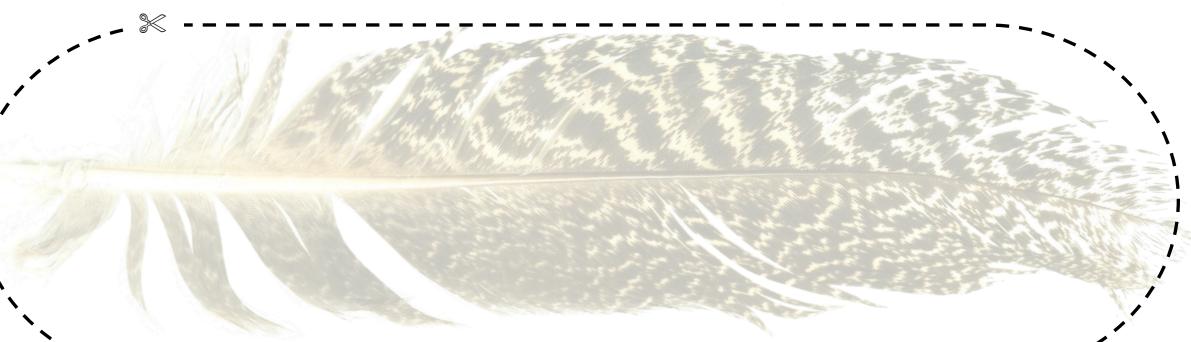
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# Giving Thanks ...at the Ypsi Food Co-op!

Help the Co-op dress our turkey in style this holiday season. Cut out the below feather and on it, write something you’re thankful for. Examples: “I’m thankful for bulk foods at YFC.” Or “I’m grateful for Ope’s Patties!” Or “I’m thankful for local farmers.” The possibilities are endless. Kids and grown-ups alike can join in!



Cut out this turkey feather, write out what you’re thankful for, and add it to our Co-op Turkey in the store.